



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

Clinical Nutrition Services at University of Wisconsin Hospital & Clinics, Madison, WI

Contact Information

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Program Information

Type of Program Health Care
Year Coalition was Formed
Primary program focus Nutrition
Region Southern
County Dane
Coalition Web Site Address www.uwhealth.org

Program Information

Represented Groups on Coalition Health Care	Represented Professions on Coalition Dietitian
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Intervention Name

Health Bound Community Education Classes - Sizeable Success and Taking Charge (spring and fall 12 week programs)

Intervention Information

Type of Intervention: Physical Activity & Nutrition - Event	Partners:
Focus Area: General Physical Activity & Nutrition	Unique Funding:
Intervention Site or Setting: Community	Evaluation: Health data – Monthly Survey, service data and direct observation – One-time
Scope of Intervention: Individual sites	Evidence-Based or Best Practice based on Best practice
Target Audience: All races and genders Ages 20-39, 40-59, 60-74	
Total Population in Area Served: Madison community	
Number of Participants: 25 per session or 50 per year	
Implementation Status: Ongoing twice a year	

Products Developed or Materials Used:

Tool kit and support group that meets monthly after the 12 week program

Intervention Description:

12 week interactive class with lecture on nutrition and physical activity plus water or land exercise with each meeting

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Intervention Name

Nutrition Clinic Counseling (one to one)

Intervention Information

Type of Intervention: Nutrition Resources
Focus Area: Adequate food
Intervention Site or Setting: Health Care
Scope of Intervention: Individual sites
Target Audience: All races and genders Ages: 20-39, 40-59, 60-74, 75 +
Total Population in Area Served: Dane County
Number of Participants: 1200 consults per month
Implementation Status: One or two sessions per client

Partners: UW Hospital & Clinic referring physicians
Unique Funding:
Evaluation: Health Indicator – One-time Service Provision – Monthly Direct Observation – One-time
Evidence-Based or Best Practice based on Evidence based - American Dietetic Association practice standards

Products Developed or Materials Used:
patient education material specific to need

Intervention Description:
one to one assessment and counseling

A Wisconsin Nutrition and Physical Activity Intervention